

Amendments to the Claims

Please replace all prior listing s of claims with the following listing of claims.

1. (Currently amended) An article of footwear comprising of an upper portion and a sole portion, the sole portion being connectable to the upper portion and including a pocket for receipt of a solid microwaveable heating pad dimensioned to fit into the pocket, wherein the upper portion and the sole portion being detachable along at least a portion of a circumference of the article is adapted for removal and to allow access to the pocket for insertion and removable of the microwaveable heating pad and wherein the upper portion and the sole portion are connected by means of a detachable fastener such as a zip.
2. (Canceled)
3. (Canceled)
4. (Canceled)
5. (Previously presented) An article of footwear as claimed in Claim 1 in which the upper portion is adapted to at least partially enclose a user's foot, and includes a base upon which, in use, a user's foot rests.
6. (Canceled)
7. (Previously presented) An article of footwear as claimed in Claim 1 in which the heating pad comprises a mixture of ferrite and silicone, optionally in a ratio of 2:1 (W/W).
8. (Previously presented) An article of footwear as claimed in Claim 1 in which the sole portion includes an insulating layer located underneath the pocket.
9. (Currently amended) An article of footwear comprising:
 an upper portion dimensioned to at least partially enclose a user's foot;

a sole portion connectable with the upper portion; ~~and~~
a solid, microwaveable, ~~insole-shaped~~ heating pad shaped to define at least a portion of an insole in the article, wherein the sole portion includes a pocket which is dimensioned for receipt of the heating pad; ~~and wherein the article is adapted for removal and insertion of the heating pad.~~

the upper portion and the sole portion being detachable along at least a portion of a circumference of the article to allow access to the pocket for insertion and removable of the microwaveable heating pad; and

wherein the upper portion and the sole portion are connected by means of a detachable fastener such as a zip.

10. (Currently amended) A method of heating a foot comprising the steps of:
providing an article of footwear according to claim 1 ~~any of Claims 6 to 8~~;
removing a heating pad from the pocket of the article of footwear;
heating the heating pad in a microwave for a suitable amount of time;
inserting the thus-heated heating pad into the pocket of the article of footwear; and
inserting the foot to be heated into the article of footwear.